

August 2019

# Carver Council on Aging

## What's Inside for August



### Oldies But Goodies SINGO

Monday, August 5th at 12:00 noon  
Come play along and listen to your favorite tunes from the past! Playing is FREE and winning is FUN!

### Shells & Beads Bracelet Craft

Wednesday, August 7th at 9:30 am.

Fashion a trendy beach accessory out of real sea shells and colorful beads. Register with Connie at 508-866-4698 x3.

### Summer Movie Matinee - Mamma Mia! Here We Go Again

Tuesday, August 13th at 12:00 noon.  
Free popcorn!



### Healthy Eating Over 50

Presented by Community Nurse Home Care with  
Registered Dietitian, Barbara Canuel  
Wednesday, August 14th at 12:00 noon.

Learn ways to maintain a balanced diet and make choices that help us feel better as we age.

### Hand Painted Shadowbox

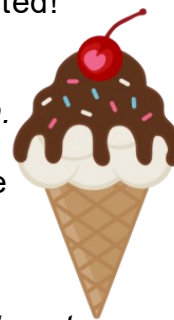
Wednesday,  
August 21st  
at 9:30 am

Hand paint this laser cut wood craft designed as a shadowbox with built-in back light! Register with Connie at 508-866-4698 x3. Supplies are limited!



### Ice Cream Social

Tuesday, August 27th at 12:00 noon.  
Join us for a sweet treat after lunch to catch up with old friends or maybe make some new ones!



### Fire Safety for Seniors

Presented by the Carver Fire Department  
Wednesday, August 28th at 10:00 am..

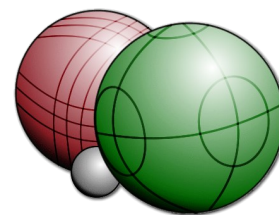
Learn about helpful fire safety tips and preventative measures specific to the senior population from one of our own local firefighters.

## New Bocce Court and Horseshoe Pits at the COA!



Come check out the new bocce court and horseshoe pits constructed by Carver Eagle Scout Candidate Alex Diogenes on the land behind the COA. Use of the courts and pits are available during the COA operating hours with bocce balls and horseshoes available to sign out in the Nutrition Center.

The bocce court and horseshoe pits will be open for use when the COA is closed and on the weekends, but those who want to play during that time will need to bring their own horseshoes and/or bocce balls.



#### COUNCIL ON AGING

Monday -Thursday  
9 AM-3 PM  
Friday 9 AM-12PM  
48 Lakeview St., South Carver  
508-866-4698

#### COA DIRECTOR

Carole Julius  
Monday-Thursday  
9 AM-12 PM  
508-866-4698  
cjulius@sailsinc.org

#### BOARD OF DIRECTORS

Colleen Preston-Chair  
Donna Marie Forand-Vice Chair  
Helen Marrone-Secretary  
Alan Germaine  
Betty Sullivan

#### FRIENDS OF THE CARVER COA

Ron Clarke  
Vice President  
Madeline Joyce  
Secretary/Treasurer

*The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.*

# GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

## PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

**Call in advance to CANCEL a reservation.**

*Messages can be left after hours.*

**DO NOT call the drivers directly!**

*Please consider other passengers and limit the number of shopping bags on shopping trips*

## SCHEDULE

**MONDAYS 9AM—2PM** "Around Town" errands

**TUESDAYS & THURSDAYS** Medical Appointments

**WEDNESDAYS** Supermarkets

**WALMART** Plymouth/Wareham - **1st & 3rd**

**AM**

**SHAW'S** Carver - **2nd AM**

**\*STOP 'N' SHOP** Plymouth - **4th AM**

**MARKET BASKET** Plymouth - **Every PM**

*\*4th Wednesday morning destination subject to change.*

**FRIDAYS SHAW'S** Carver - **AM**

## GATRA Bus FAQs

**What towns does GATRA provide rides to?**

Transportation is provided to the towns adjacent to Carver.

**What is the fee for riding the GATRA bus?**

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

## Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

## LOAN CLOSET

The COA maintains a "loan closet" for your use and benefit. Canes, walkers, crutches, commodes, wheelchairs and more are available for you to borrow at no charge.

## COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

## VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406. Mark will be available at the COA every 4th Tuesday at 10:00 am in the Nutrition Center.

## LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors by appointment only, for free legal advice and counseling. Fifteen minute appointments are available for the second Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3**.

## ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is available for rent on nights and weekends when it's not in use by the COA. The cost for Carver residents is \$75 for 4 hours of use without the kitchen and \$100 for 4 hours of use with the kitchen. Call the COA office at **508-866-4698 x 4** for more information or to book a party.

## FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome! Annual membership fee is \$5. Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.

## SENATOR PACHECO

Offices Hours at the Carver Town Hall on the 3rd Monday of every month 1-2 pm. Drop in or call **508-822-3000** or **617-722-1551** to schedule an appointment.

## STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** for Town Hall Office Hours or to schedule an appointment.

## WELLNESS CLINIC - "ASK THE NURSE"

A nurse from the Visiting Nurse Association of Cape Cod, is here every Tuesday from **10 AM – 11:30 AM** offering **FREE** blood pressure screenings and 1-on-1 consultations. Glucose & cholesterol screenings offered on the first Tuesday of each month. This service is sponsored by the Carver Board of Health. *Walk-ins are always welcome!*

If you are worried about your drinking, or if others are worried about your drinking, Alcoholics Anonymous has a solution.

For online AA meetings and 24 hr. chat support:

**www.aa-intergroup.org**. For more information: **www.aa.org**.

## HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call **508-866-4698 x3** to make an appointment.

**WELCOME WEDNESDAYS** (first Wednesday of each month)

## GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

**508-866-4698 x 1**

## OUTREACH SERVICE

Judy Murphy

Outreach Worker

Mon., Tues. & Fri.

9 AM - 2 PM

**508-866-4698 x 2**

## ACTIVITIES

Connie Kelly

Activities Coordinator

Tues., Wed. & Thurs.

9 AM - 3 PM

**508-866-4698 x 3**

ckelly@sailsinc.org

## NUTRITION CENTER

Dawn Padovani

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

**508-866-4698 x 4**

Lunch weekdays at 11:45

## WEEKLY ACTIVITIES

### ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 PM. Call to register at **508-866-4698 x3**.

### BACKGAMMON

Fridays at 10:00 AM

Experienced and novice players are welcome. Come play on the new hand painted game table courtesy of the artistic talents of Pamela Welch!

**BASKET WEAVING** with Patty Batson. 1st & 3rd Tuesdays as well as the corresponding Fridays at 9:30 AM. \$25/2 week project. Register at **508-866-4698 x3**.

### BINGO

Thursdays at 12:30 PM. \$5 for a standard pack of 10 games. \$1 for coverall and \$1 for 50/50 coverall

**CHAIR YOGA** with Maggie Lunevitz. Mondays - 10 AM. \$5/class. Call to register at **508-866-4698 x3**.

**CRIBBAGE** Tuesdays at 12 PM. Join some avid players for a few rounds of the game. *Drop in.*

### OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1 PM. Call to register at **508-866-4698 x3**.

### RUMMIKUB / SKIP BO

Wed.- 12 PM

New and experienced players for either or both games are welcome. *Drop in.*

## MONTHLY ACTIVITIES

### COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 AM meet Police Chief, Marc Duphily, who will listen to any of your questions or concerns and will also collect any expired or unused prescription drugs.

**SINGO** with Jim the DJ Guy on the first Monday of the month - 12 PM. *Drop in.*

**FOOT CARE CLINIC** 20 - 30 minute appointments on the first Thursday of the month for nail cutting, smoothing calluses and corns plus foot massage for **\$29**. Call for an appointment at

508-866-4698 x3.

## WHAT'S HAPPENING THIS MONTH

508-866-4698 x3 if you

plan to attend.

### SHELLS & BEADS BRACELET CRAFT

*Wednesday, August 7th at 9:30 AM*. Call Connie at **508-866-4698 x3** to register.



### SUMMER MOVIE MATINEE

#### MAMMA MIA! HERE WE GO AGAIN

*Tuesday, August 13th at 12:00 noon.*

FREE popcorn will be provided for this fun musical sequel/prequel to "Mamma Mia!", the movie version of the popular play featuring the music of the band ABBA. Frothy fun for those who enjoyed the original's music and upbeat energy. Don't worry if you didn't see the original, this movie stands on its own! Please call Connie at **508-866-4698 x3** if you plan to attend.

### HEALTHY EATING OVER 50

*Presented by Community Nurse Home Care registered Dietitian, Barbara Canuel*

*Wednesday, August 14th at 12:00 pm*

Nutritional needs change throughout your life. After the age of 50, the goal is to prevent disease by maintaining an optimally healthy and active mind and body. Learn about the foods you should be eating to keep your body

strong and mind sharp. Call Connie at

### HAND PAINTED SHADOWBOX

*Wednesday, August 21st at 9:30 am*

Personalize your own backlit shadowbox decoration with acrylic paint colors of your choosing. Due to the unique nature of this craft item quantities are limited so please call Connie to register at **508-866-4698 x3**.



### ICE CREAM SOCIAL

*Tuesday, August 27th at 12:00 noon*

Join us for a sweet treat after lunch! Build your own sundae with a variety of toppings plus whipped cream and a cherry! Wrap up the summer season with a cool dessert and the company of friends. Call Connie at **508-866-4698 x3** if you plan to attend.

### FIRE SAFETY FOR SENIORS

*Wednesday, August 28th.*

*10:00 am - Presented by*

*The Carver Fire Dept.*

Call Connie at

**508-866-4698 x3**

if you plan to attend.

### COA Board of Directors has Alternate Positions Open

Two alternate positions are available on the COA Board of Directors. Alternates attend regular meetings of the COA Board once per month. They may speak and participate in meetings like a full board member but only vote in the absence of a quorum. Applications

### FOOD PANTRY

**Shane Gives Thanks** - 128 Main St.  
Tues./Thurs/Fri. - 9am-1:30 pm  
Sun. - 9am-11 am  
Mon./Wed./Sat. - Closed  
Home Delivery to homebound residents.  
**508-866-7673**

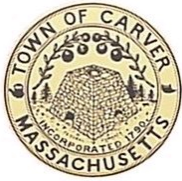
### MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders.  
Monday - Friday  
**Daily Cost: \$3.00**  
Call the Nutrition Center at  
**508-866-4698 x 4**

### SHINE PROGRAM

**Health Insurance Counseling**  
**Maureen Drilling**  
Most Tuesdays 9 - 12  
Call for an appointment  
**508-866-4698 x4**





CARVER COUNCIL ON AGING  
P.O. BOX 618  
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts  
U.S. Postage PD  
#37  
Carver, MA 02330

# 2019 AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Footcare Appts.		
28	29	30	31	1 BINGO 12:30	Backgammon 10:00	3
Friends of the COA & Lions Club Charity Golf Tournament	Chair Yoga 10:00 <b>Singo!</b>	Visiting Nurse 10:00-11:30 Glucose Cholesterol Baskets 9:30	Shell & Bead Bracelet Craft 9:30 Rummikub / Skip Bo 12:00	Atty. Hale Appts.	Basket Weaving 9:30 Backgammon 10:00	10
4	5 12:00 noon	6 Oil Painting 1:00	7 Acrylic Painting 5:00	8 BINGO 12:30	9	
11	Chair Yoga 10:00	Visiting Nurse Coffee with the Chief 10:30 Mamma Mia 2 Movie 12:00 Oil Painting	Healthy Eating 12:00 Rummikub / Skip Bo 12:00	15 BINGO 12:30	Backgammon 10:00	17
18	Chair Yoga 10:00	Visiting Nurse 10:00-11:30 Baskets 9:30	Shadowbox Craft 9:30 Rummikub / Skip Bo		BLOOM Bus Trip Providence River Cruise 8:00-5:00 Basket Weaving	
25	Chair Yoga 10:00	Visiting Nurse Ice Cream Social 12:00	Fire Safety for Seniors 10:00 Rummikub / Skip Bo 12:00	22 BINGO 12:30	Backgammon 10:00	24
		Oil Painting 1:00	Acrylic Painting 5:00	29 BINGO 12:30	30	31